



# “HOW TO SUPPORT A BREASTFEEDING MOTHER”

## A Guide for Childcare Providers

Revised by Utah Physical Activity Nutrition and Obesity Program

Developed by the Mississippi State Department of Health WIC Program, revised by Wisconsin



# OBJECTIVES

- Describe importance of breastfeeding for infants and mothers and risks of not breastfeeding
- Describe safe handling of human milk
- Describe elements of a breastfeeding-friendly child care environment
- Describe the role of the child care environment and staff in helping mothers and infants to achieve their breastfeeding goals



# AAP POLICY STATEMENT

- Breastfeeding is the normal way to feed a baby
- Breastfeed exclusively for the first 6 months
- Continue for at least 1 year\*
- And as long thereafter “as is mutually desired”

\*The World Health Organization (WHO) recommends 2 years.

<http://www.aap.org/policy/re9729.html>

[http://www.who.int/child-adolescent-health/NUTRITION/infant\\_exclusive.htm](http://www.who.int/child-adolescent-health/NUTRITION/infant_exclusive.htm)



# HEALTHY PEOPLE 2020 GOALS

- At least 82% ever breastfed
- At least 60% at 6 months
- At least 34% at 1 year



# UTAH BREASTFEEDING DATA

- 89.8% ever breastfed
- 58.3% at 6 months
- 35.4% at 12 months



# BREASTFEEDING

is the Normal Way to Feed a Child



# BENEFITS TO BABY

## Reduced risks for:

- Ear infections
- Respiratory infections (RSV)
- Urinary tract infections (UTI)
- Allergies
- Childhood Leukemia
- Sudden Infant Death Syndrome (SIDS)
- Overweight/Obesity



# MORE BENEFITS FOR BABY

## **Breastfeeding...**

- Enhances brain and IQ development
- Optimizes mother-infant bonding
- Enhances strong jaw and facial development
  - reduces need for orthodontic treatment later in childhood.



# BREASTFEEDING SAVES MONEY

The cost of formula feeding  
for one year is ~\$1,500  
*(just for the formula)*

The cost of breastfeeding  
is **PRICELESS**



# BENEFITS FOR MOM

- Promotes rapid recovery after childbirth
- Facilitates bonding and attachment
- Decreases risk of anemia
- Helps in weight reduction
- Reduces risk of breast, ovarian, and endometrial cancers
- Reduces risk for osteoporosis and diabetes

# BREASTFEEDING BENEFITS EMPLOYERS

- Less employee turnover
- Faster return from maternity leave
- Less employee absenteeism
- Happier employee





# BREASTFEEDING BENEFITS CHILDCARE PROVIDERS

- Baby is sick less often
- Diapers have less odor
- Baby spits up less
- Baby is happier



# BREASTFEEDING BEST PRACTICES FOR CHILD CARE PROVIDERS

**Facility has a written policy on breastfeeding**

- Each breastfeeding infant will have a feeding plan on file, which is completed by the parent(s) and facility as a team to address their unique feeding patterns



# ELEMENTS OF BREASTFEEDING POLICY

- Breastfeeding mothers shall be provided a place to breastfeed or express their milk
- A refrigerator will be made available for storage of expressed breast milk
- Sensitivity will be shown to breastfeeding mothers and their babies
- Staff shall be trained in handling human milk



# POLICY ELEMENTS, CONTINUED

- Breastfeeding employees shall be provided flexible breaks to accommodate breastfeeding or milk expression
- Breastfeeding promotional information will be displayed

# ELEMENTS OF FEEDING PLAN

- Baby's usual schedule
- How breast milk is to be stored and served
- What the provider should do if baby is hungry and mom is unavailable, or her supply of expressed breast milk is gone

# PROVIDE BREASTFEEDING SUPPORT

- Provide breastfeeding support information such as WIC and La Leche League contact info
- Post the International Breastfeeding Symbol in your facility; letting mothers know that breastfeeding is welcome here.





# SAMPLE INFANT FEEDING PLAN

## Breastfeeding Infant Feeding Plan

Directions: To be completed by the parent(s) and the infant caregiver. Plan should be updated every other month to reflect child's current feeding pattern.

Child care facility name: \_\_\_\_\_

Name of child: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Parent's names: \_\_\_\_\_

Date of initial plan: \_\_\_\_\_

Date(s) of plan updates: \_\_\_\_\_

Describe baby's usual feeding schedule.

How is breastmilk to be stored and served?

Outline the mother's wishes regarding when to begin infant foods and what foods to give baby.

What should the provider do if baby is hungry and mom is late or her supply of expressed breastmilk is gone?

Mom reminders:

- Let your provider know if you want to breastfeed at the child care facility?
- Decide how many feedings you think your baby might need at child care and give your provider enough milk each day.

# **BREASTFEEDING** **is the Gold Standard**



# BREASTMILK AS PART OF THE MEAL PATTERN

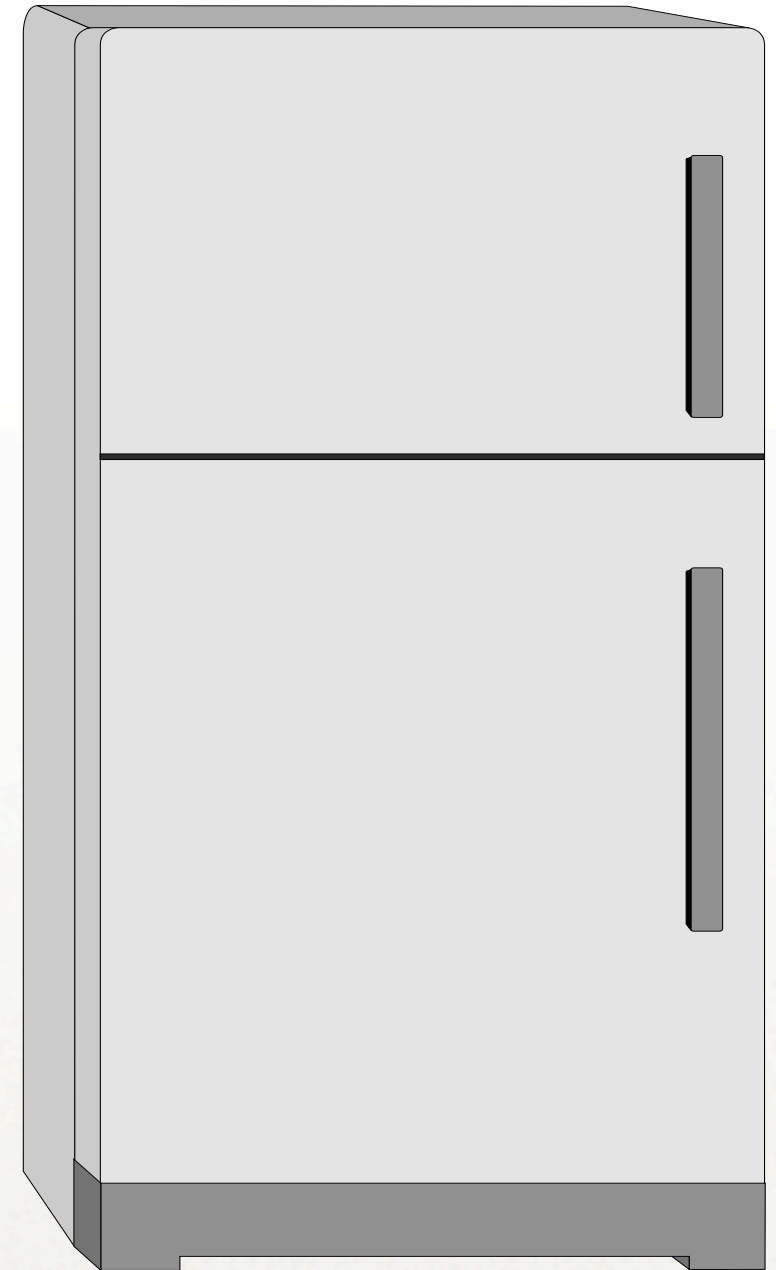
**If your center participates in the Child and Adult Care Feeding Program...**

- Breastmilk is a reimbursable component of the infant meal pattern
- For children over 12 months - breast milk is a substitute for cow's milk in the meal pattern for children and the meal is reimbursable



# STORING THAT LIQUID GOLD

- There are different sets of recommendations from different organizations.
- As a childcare center you should be using guidelines from AAP and CDC
- Mom may be following a different set of guidelines
- Working with mom regarding storage of breast milk will avoid problems



# HANDLING OF BREASTMILK

- Label the bottles with baby's name, the date the breast milk was collected and the date thawed
- Breastmilk separates into layers
- Swirl gently to mix layers back together
- Thawed breast milk can be kept in the refrigerator for 24 hrs. Do not refreeze
- Heat breast milk in warm water  
**never microwave breast milk**
- After a feeding, throw out any unused breast milk left in the bottle

# BREASTMILK IS NOT CLASSIFIED AS A BODY FLUID\*

- You do not need to store breast milk in a separate refrigerator
- You do not need to wear gloves to give a bottle of breast milk
- You do not contaminate breast milk by touch. Touching breast milk is not a hazardous exposure nor a potential contaminant

\*According to OSHA's and CDC's definitions, breastmilk is classified as "food" and does not require universal precautions for handling body fluids.



# FEEDING SUGGESTIONS FOR CHILDCARE WORKERS

- Hold baby close
- Discuss with mom ahead of time how to handle times when baby is hungry at the end of the day
- Mom may be ready or want to feed her baby as soon as she arrives at the center
- Provide a “nursing nook” in the childcare center where mom can breastfeed her baby



## OTHER WAYS TO BE SUPPORTIVE

- Some babies prefer to wait for their mother's return and not eat much at the childcare center
- Keep 1 bottle of frozen milk in the freezer for emergencies
- Keep track of the number of ounces of breast milk baby ate
- Praise mom for providing the very best nutrition to her baby

# CRITICAL TIMES FOR SUPPORT...

The transition back to work can be a difficult time for moms and babies and she may feel that she is unable to pump enough or continue pumping.

**Praise her efforts and encourage her to talk to a breastfeeding professional**

- When baby is teething
- When mom needs to take medications
- When baby is having a “growth spurt”
- When pumping isn’t going well
- When mom thinks her supply is declining



# BABY'S HUNGER CUES



- Turning his or her head side to side in search of the breast
- Making sucking noises
- Sucking on hand or fist
- Crying is a late cue. Try to feed baby before he or she start crying

# SUMMARY

- Remember to praise and support the mother in her decisions
- If breastfeeding is not going well, the solution is to fix the breastfeeding -- NOT to “wean to a bottle”
- For help call: WIC, La Leche League, Baby Your Baby, The Utah Breastfeeding Coalition

**Together, we can make a difference!**